

Aspects Of Social Identity, Self Concept, Self Esteem, Self Functioning And Gender Aspects (Part 10)

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6.0 CONCLUSION

A social identity consists of the social or public aspects of yourself, the impression that you typically create in others. Many of your more visible characteristics-such as gender, ethnicity and occupation-contribute to your identity and also go into the formation of identity. Your identity is what gives you and others a sense of continuity, of being the same person tomorrow as today. It also makes you unique in the eyes of others. Erickson coined the term identity crisis to refer to the anxiety that comes with having to redefine one's social reputation. There are two kinds of crisis: identity deficit, not forming an adequate identity and identity conflict, in which two or more aspects of identity come into conflict. Despite crises and challenges, most people develop a solid identity and other people know them for their unique characteristics.

According to Rogers, in the development of self concept conditional regard and unconditional regard play a key role. Those raised in an environment of unconditional positive regard have the opportunity to fully actualize themselves. Those raised in an environment of conditional positive regard only feel worthy if they match conditions that have been laid down by others.

Self-concept is the cognitive understanding of a person seen from that person's own point of view. These concept change with age and development as children's thinking becomes more advanced. Where else self esteem is an emotional response to self concept and is the result of the value (both positive and negative) attached to self-descriptions.